




Sear-iously good




Chaz
 [cvillette](https://cvillette.livejournal.com/)

<https://cvillette.livejournal.com/>
2008-09-21 12:29:00

MOOD: 😊 hungry

MUSIC: Garbage - Queer

 [trollcatz](https://trollcatz.livejournal.com/) (<https://trollcatz.livejournal.com/>), if I'd thought of it yesterday, I might have guided you through Brother Alton's salt-crust beef tenderloin recipe (<https://www.livejournal.com/away?to=http%3A//www.foodnetwork.com/recipes/alton-brown/beef-tenderloin-in-salt-crust-recipe/index.html>) instead. Because it's so damned impressive.

But the pot roast (<https://www.livejournal.com/away?to=http%3A//www.foodnetwork.com/recipes/alton-brown/pot-roast-recipe/>) is easier, and classic winter comfort food. And also om-nom-nom. Do not leave out the raisins and the olives, man.

And by the time T. gets tired of us winching her limbs to the furniture, it'll be a good moment to put the vegetables in to roast.

TAGS: food is love, recipes: not mine



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet puppets. Scary.

8 comments



 [trollcatz](#)

[September 21 2008, 21:44:14 UTC](#)

[COLLAPSE](#)

Okay, explain to me why the raisins and olives aren't HELLO, GROSS?



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[September 21 2008, 23:47:27 UTC](#) [COLLAPSE](#)

Well, it makes sense when you break it down into its component parts.

Olives: Olive oil isn't weird. The olives are briny, which is salt, which is also not weird.

Raisins: Fruit sauces with meat go waaaaay back (as you know, O former Medieval Anachronist). Remember duck with cherry sauce? Raisins add both tart and sweet to the flavor mix, balancing the salt and holding their own against the not-delicate beef taste. Also, the sugars caramelize a little, which goes with the slightly-burn-y flavor of the seared outside of the meat.

And aren't the parsnips awesome? This is a great recipe for serving with roasted root vegetables, because that thirty-minute rest for the meat is exactly the window you need.



 [trollcatz](#)

[September 22 2008, 03:39:23 UTC](#) [COLLAPSE](#)

Looking at them, I thought they were carrots in Halloween costumes. But they don't taste like carrots. So they must be a different vegetable in carrot costumes. Only not very convincing ones. Maybe there was a trademark infringement issue. Like a Hulk knockoff that looks just like the Hulk, only, I don't know, yellow.

Well, I hope they don't get sued, because they were delicious.

Okay, I think maybe I didn't need that last glass of wine. *g*



 [boddhi_d](#)

[September 22 2008, 01:43:29 UTC](#) [COLLAPSE](#)

Hmm. OK, I can see the olives & raisins when you put it like that. But my flavoring of choice is a combination of rosemary & lavender. (about 3:1) And a good red wine, because I believe in cooking intoxicated, and it's rude not to share. :)

Yummy parsnips.



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[September 22 2008, 03:34:27 UTC](#) [COLLAPSE](#)

Rosemary goes with everything. Yum. (Chicken braised in white wine and rosemary. Rosemary shortbread.)

Lavender in pot roast? Okay, must test this.




 [boddhi_d](#)

[September 22 2008, 13:08:00 UTC](#) [COLLAPSE](#)

You don't want to overdo it: the goal is lavender undertones. It shouldn't be really noticeable unless you know about it ahead of time, if you know what I mean. Musically speaking, it's the harmony to the melody of the rosemary.

Oven-roasted potatoes with rosemary & parmesan...




 [trollicatz](#)

[September 22 2008, 03:44:18 UTC](#) [COLLAPSE](#)

Also, T. thinks we should start a spa where we put the clients in traction splints. She says it was stretchy and restful.



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[September 22 2008, 11:32:50 UTC](#) [COLLAPSE](#)

<3<3<3<3<3 T.